

be active.



**Everyone wants to be more active.
The problem is . . .**

Getting Started



Government
of South Australia

Participate and Feel Great!

Welcome to...

be active.



By reading this brochure you've taken the first step to making physical activity a part of your lifestyle.

Regular physical activity is important for everyone. Some benefits are:

Feeling better...

- with more energy, improved sleep and added fun in your day.

Enjoying better health...

- through controlled weight, blood pressure and cholesterol, and lower risk of problems like heart disease, stroke and osteoporosis (bone loss).

Having a healthier state of mind...

- with lower stress, better concentration and more self confidence.

Being more active is great. Add healthy eating to the equation and you'll feel even better.

The Australian Guide to Healthy Eating (see page 14) has been developed to provide you with information about the amounts and kinds of food that you need each day to get enough of the nutrients essential for good health and well-being. Healthy eating habits throughout life will help reduce the risk of developing health problems such as heart disease, cancer, diabetes and obesity.



How much physical activity should you be doing?

Medical experts recommend that adults should do at least 30 minutes of moderate, physical activity on most days of the week.

Moderate activities include walking, swimming, gardening and playing golf. These are activities that increase your heart rate, but don't necessarily make you puff.

Even periods of activity as brief as 10 minutes can be beneficial when they add up to 30 minutes on most days of the week. This makes it much easier for you to make physical activity a regular part of your lifestyle.

How much activity do children need?

Children need a minimum of 60 minutes and up to several hours of physical activity every day. Like adults, this is best accumulated over the day as part of active transport, recreation, sport and play.

Encourage children to have no more than 2 hours a day of screen based entertainment. This includes TV, video games, movies and computers. Why not have a family TV free day each week!

The National Physical Activities Guidelines for Australians can be found on the internet at www.beactive.com.au



Photograph by Kane Harrison

Kay

'I used to be pretty fit, going to the gym and playing tennis with some friends. Since I have had children I find it's not so easy to be active. I've just started walking to the local shops. I take my younger son in his stroller and he seems to really enjoy being outside. My older son has just learnt to ride his bike and when I have time we ride to his school together. It takes a bit longer but the extra riding, time together and fresh air really does me good.'

How to be active regularly

Here are some tips to help you make physical activity a regular part of your lifestyle.

Choose the right time for you

- Think of the times that suit you to be active. If you are too tired when you get home at night, perhaps some activity at lunchtime is better for you. Or if evenings suit you best, maybe you could make that the time to visit your local leisure centre.
- Make small changes to your daily routine. For example, you could go for a short walk at lunchtime or get off the bus a stop early and walk the rest of the way home.



Photograph by Rachel Harris

Jennifer

'I started walking with my neighbour about a month ago. I really noticed a difference even though we only went once a week. I felt much brighter and more relaxed and I started to look forward to our weekly walk. Last Wednesday morning we went to the local recreation centre to try a gentle tai chi class. I had a good time and caught up with some friends who I hadn't seen in ages. This week I decided to set myself a goal and walk three times and go to one class. If I can do that then I will treat myself to a facial.'

Find an activity that suits you

- Being more active can be simply a matter of spending more time on things you already do – like gardening, or taking the dog for a walk.
- Try different things. Remember the emphasis is on moderate activity so there are many options to choose from. Some activities you could try are:
 - ♦ join a local sport, recreation or fitness club
 - ♦ take a walk in your lunch break
 - ♦ meet a friend for a bike ride in the park
 - ♦ go for a walk to explore a new area
 - ♦ play golf at a local club
 - ♦ park the car and walk the rest of the way to work
 - ♦ join a bushwalking club
 - ♦ take the stairs instead of a lift or the escalator
 - ♦ walk with a friend for half an hour before going for a coffee
 - ♦ use an exercise bike
 - ♦ get back to a sport or activity you used to enjoy years ago – check out the local clubs
 - ♦ choose active leisure activities – like bushwalks, walking on the beach, or throwing a frisbee in the local park
 - ♦ work in your garden
 - ♦ meet a friend for a swim
 - ♦ take an exercise class
 - ♦ go ballroom or line dancing
 - ♦ take the kids or grandkids to play ball in the park.



Many people find it easier to be active when they exercise with friends. This may be organising to join a neighbour for a regular walk or joining a local sporting club. Many clubs have social events or times when new players can come and see what the club can offer.

Remember, find an activity you enjoy – that way you are more likely to keep it up.

be active.

Set a goal and work towards it

- Start with short-term goals. They are a great way to move towards being more active. For instance, set the goal of going for a walk three times a week. Even if you only walk for 10 minutes each time, you have met your goal. Next week you might aim to walk for 15 minutes each time.
- Make your goals realistic. It is better to set goals that can be achieved. A good way to start is with small goals and then build up slowly.
- Reward yourself. When you have achieved one of your goals you deserve a reward. Treat yourself with something that you enjoy. Here are some ideas to get you started:
 - ♦ buy a magazine
 - ♦ go to a movie or sporting event
 - ♦ sleep in on the weekend
 - ♦ buy something new to wear
 - ♦ take a long, hot bath
 - ♦ buy a backpack for walking
 - ♦ have a massage.



Photograph by Rachel Harris

Sylvia

'I had a pretty good routine going. I played netball on Saturdays and walked three mornings during the week. Well, first the netball comp finished and then we went on holidays for a few weeks. When we got back I realised I had hardly done anything. I felt really guilty so I rang the local badminton club, and they played social games on Tuesday nights.

I went along last week and enjoyed myself so much I am going back next week. I have also started my walking again and I am going to try and get back to where I was before we went on holidays. I'm glad I have been able to get back into the swing of things.'



Be active safely

Start out slowly

Start out slowly and allow your body to warm up. Do some basic stretching and build your activity sessions up over weeks not days. This will help you avoid muscle soreness and injury. Try a 2–3 minute jog, to raise a light sweat.

Take some time after your activity to do some gentle stretching of the muscles you've used. Hold the stretches for 10–20 seconds and repeat each stretch 2–3 times. This will help to avoid muscle soreness.

Note: If you have a chronic illness or are worried about the risks, talk to your doctor before you start any extra physical activity.

Wear comfortable clothes

Wear loose clothes and supportive shoes. This will make your activity safer and more enjoyable. For specific foot problems and further advice on footwear, contact your local podiatrist.

Remember: Wear a hat and sunscreen when out in the sun (especially in the middle of the day during summer).

Drink enough water

Remember to drink lots of water before, during and after your activity (don't wait until you feel thirsty or start sweating).

Drink at least 500ml (2-3 glasses) $\frac{1}{2}$ to 1 hr before activity;
Drink at least 200ml (1-2 glasses) every 15 mins during; and
Drink at least 500ml to 1 litre (5-6 glasses) after activity and continue to drink until fluid losses are replaced.

For information on being active safely, refer to Sport Medicine Australia's Smartplay brochures, available at all National Pharmacies stores.



Aim for moderate intensity

Your body is the best judge of how you feel and how hard you are exercising. You can estimate how hard you are working on a scale from 0 to 4 where 0 means you are doing nothing at all (rest) and 4 means you are working very, very hard (maximal).

Work at an intensity that allows you to breathe comfortably throughout your workout. This will ensure a safe and comfortable level of physical activity.

Talk test

0	at rest	breathing easily, easy to talk, resting heartbeat
1	light	still breathing easily but an increase in heartbeat
2	moderate	speaking comfortably, breathing becomes more frequent, begin to warm up
3	hard	breathing more deeply and harder
4	very, very hard	you find it hard to carry on a conversation because you are breathing too hard or are short of breath

If you feel you can speed up, do so slowly and remember not to overdo it.

Just 30 minutes of physical activity a

day  ***It's good for your health.***

Dealing with setbacks

Once you start to be active regularly you may find something comes up that breaks your routine. That's OK. The key is to treat these setbacks as temporary and to get going again as soon as you can.

When facing setbacks it might help to:

- review the times that you are being active – are they practical?
- try a new activity if you are battling with boredom
- set some new short-term goals if your routine has been broken
- use breaks like holidays to be active in different ways
- remember that physical activity can help to beat the barriers of tiredness and stress
- find a friend with similar interests.



Barry

'I like getting down to the park to play a game of footy with my friends. Lately my wife has been getting me out of the house after dinner for a walk. We get a chance to catch up without the kids, and then when we get home I have more energy for other things.'

It's been good to get out and do a few different things. I think I should do it more often, but I have trouble finding the time. I feel that much better when I try to be active compared to when I sit around and do nothing. We're going to contact the local bushwalking club and find out what they do. It'd be great to do something active.'



Plan your activity **NOW**

Use these steps as a guide to being regularly active. A table like the one in step 5 will help you record your progress.

Step 1: Choose the right time for you

- Think of the time to be more active that you can stick to.
- Remember, small changes to your daily habits can amount to a big step towards regular, physical activity.
- The best times for me to be active are:

Step 2: Find an activity that suits you

- Build upon what you already do.
- You may like to try different activities – think of one and go for it!
- An activity I would like to try is:

Step 3: Set yourself a goal and work towards it

- Set yourself a realistic, short-term goal.
- Plan to reward yourself.
- My goal is:

- My reward will be:



Step 4: Be active safely

- Start out slowly.
- Wear comfortable clothes and shoes.
- Drink plenty of water.

Step 5: Record your activities

- Keep a record of your daily or weekly activities. You might want to use or adapt the one below to track progress.
- Review your diary every month. Reward yourself for good performance.
- Think about ways to improve if you have not met your activity goals.

Week or day	Best time of day	Activity chosen	Goal set (how long, how often)	Reward Planned	Achieved (yes/no)
1					
2					
3					
4					
5					
6					
7					

If you did not achieve your goal the first time around, don't worry. It often takes several attempts to become regularly active. Just keep trying!

Join a sport, recreation or fitness club

Many people find it easier to stay active when they belong to a local sport, fitness or recreation club. It's a great way to make new friends and the commitment can help you to stay active.

Just because you haven't played a sport for a while, or are not an expert, doesn't mean that you can't belong to a club. Remember, sport isn't just for the elite athlete. Sport can be challenging and fun at whatever level you play.



Photograph by Rachel Harris

An increasing number of sport and recreation organisations are catering for new participants and welcome beginners to join.

For more information on local opportunities in your area, go to beactive.com.au.

Eat Well

Eat well and *be active* to maintain good health

Eating well is an important part of enjoying good health. We each need different amounts of food for good health depending on our age, sex, body size and activity level (and for women, whether you are pregnant or breastfeeding).

To maintain a healthy body weight we need to balance the energy going into our body (through what we eat and drink) with the energy our body uses (for body functions, growth, repair and physical activity). The best way to do this is to:

- Eat a *variety of foods every day* from each of the following food groups:

bread, cereals, rice, pasta, noodles

vegetables, legumes

fruit

milk, yoghurt, cheese

lean meat, fish, poultry, eggs, nuts, legumes

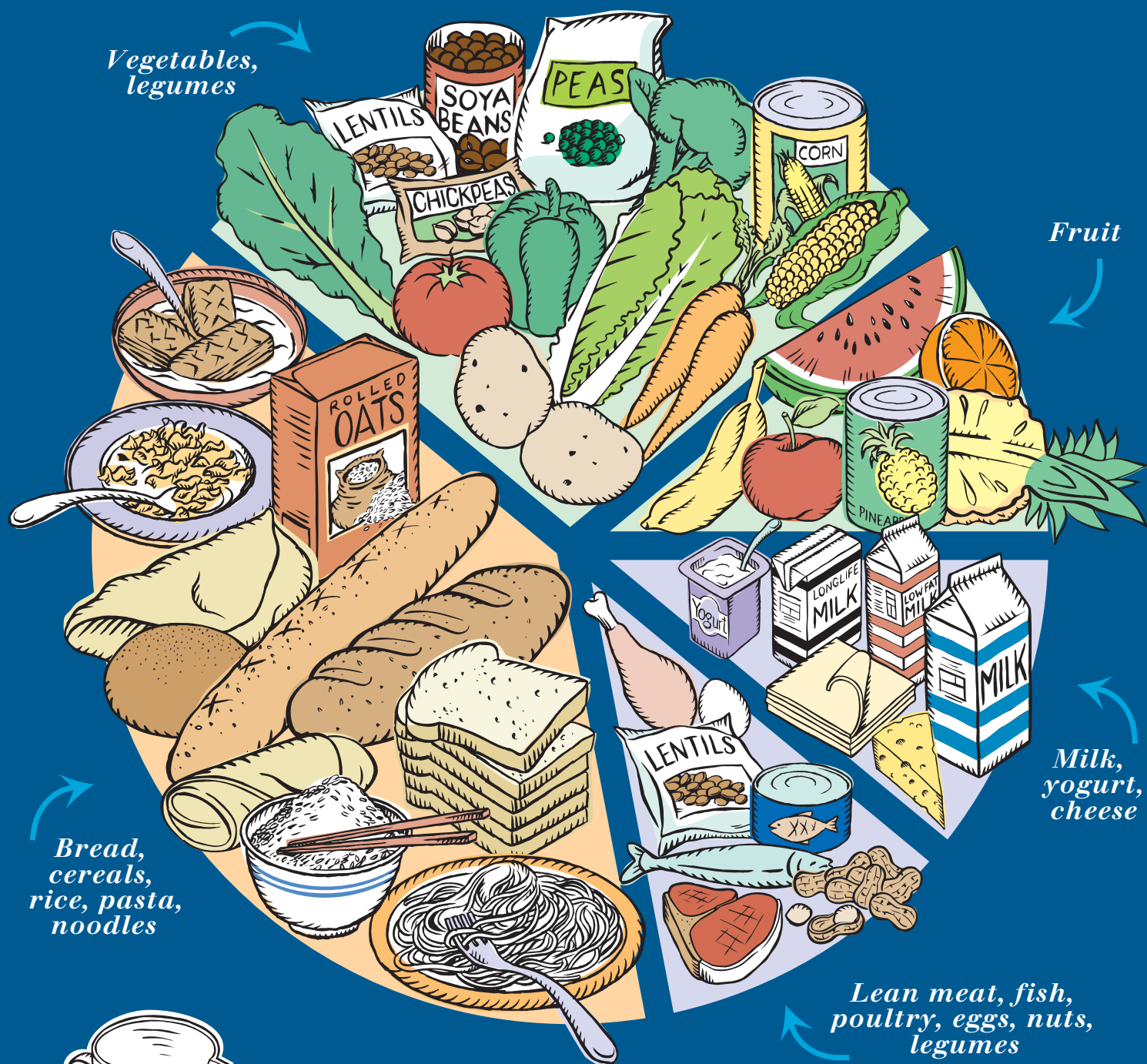
- Choose *only sometimes or in small amounts* other foods that do not fit into these food groups, such as margarine, oil, chocolates, pastries, takeaway foods and soft drinks.
- Consider the *amount of food* on your plate and stop eating when you have had enough.
- Drink water - in preference to juice, soft drinks and sports drinks.

Making healthy choices the easy choices

Sometimes, even if we know how to eat well, the environment we live in can make this difficult. For example, television food advertising directed to children, food outlets with few healthy menu choices and 'super-sized' serves of food can make it more difficult to choose healthy food.

By becoming more aware of some of the barriers to healthy eating and by working together to make changes, we can move towards making healthy choices the easy choices.

Enjoy a variety of foods every day



Drink plenty of water

Choose these sometimes or in small amounts



The Australian Guide to Healthy Eating

Use the Australian Guide to Healthy Eating (pictured) when choosing food. The five segments represent the five food groups. The size of each segment shows the proportion of the diet to eat from that food group. For example, the *bread, cereals, rice, pasta and noodles* segment is largest so choose plenty of foods from that group. The vegetables and legumes group is the second largest so choose generously from this group. Also eat moderate amounts of animal foods such as meat, cheese, milk, eggs etc.

Balancing food and physical activity

Eating well is still important when starting any form of physical activity. Although the body burns extra energy during activity, being active is not an automatic license to eat unhealthy food. For example, you need to walk for around 115 minutes or run fast for 45 minutes to use up the energy in a meat pie! It's still important, when being active, to eat according to the Australian Guide to Healthy Eating. An active lifestyle and nutritious foods will help reduce your risk of gaining weight and developing problems such as diabetes, high blood pressure, heart disease and some cancers.

Enjoy your food

Food is an important part of our culture and our every day enjoyment. By choosing most of our food from the Australian Guide to Healthy Eating's 'every day' section and a small amount from the 'sometimes section' and being active every day, we can ensure we keep a balance in our lives, adding to its enjoyment. Enjoy getting started!

Some practical ways to include a variety of foods



Fruit and vegetables

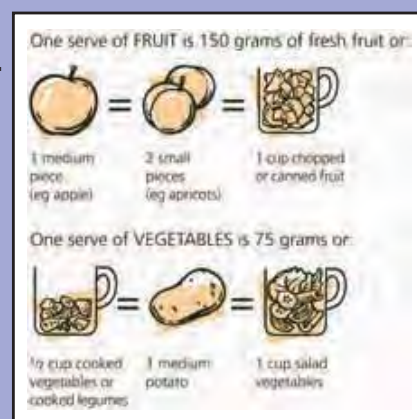
As a group, fruit and vegetables are low in fat, energy and salt and rich in vitamins, minerals and other compounds. Eating adequate fruit and vegetables decreases the risk of many health problems eg heart disease and some cancers.

Most Australians don't eat enough fruit and vegetables, particularly vegetables. Adults need at least 2 serves of fruit and 5 serves of vegetables each day.

A serve of fruit is a medium piece such as an apple, 2 small pieces such as apricots or a cup of chopped or canned fruit. It's easy to get an extra serve of fruit into your day:

- Add chopped fruit to your cereal in the morning.
- Choose fruit as a snack between meals.
- Have a bowl of fruit salad for dessert.

A serve of vegetables is half a cup of cooked vegetables or legumes (peas, beans) or one medium potato or one cup of salad vegetables. It's easy to add an extra serve of vegies into your day.



- Snack on chopped celery and carrot.
- Add extra vegies to your main meal eg stirfry.
- Add extra salad to your sandwich or roll.

If fresh is not available or expensive, canned or frozen fruit and vegetables are a good alternative.

For more information and recipes visit: www.gofor2and5.com.au

Bread, cereals, rice, pasta, noodles

Foods from this group provide fibre, a wide range of vitamins and minerals, carbohydrates and protein which are all important for energy and growth and repair of the body.

- Eat more wholegrain bread and high fibre cereal.
- Instead of choosing most of your serves as bread and breakfast cereal, also eat rice, pasta and noodles as they contain less salt.
- When choosing your breads, eat a wide variety of breads including white, brown, wholegrain, mixed grain, rye and rolls, pita breads and other flat breads.



Milk, yoghurt, cheese

Foods in this group are excellent sources of calcium. Women and girls especially, need calcium to protect against osteoporosis. These foods are also a good source of protein, riboflavin and vitamin B12.

- To avoid eating too much fat, choose the low fat and reduced fat varieties of milk, cheese and yoghurt. Try to limit those with added sugar. Low and reduced fat varieties are not suitable for infants and children under two years of age.
- If you don't like drinking milk or eating yoghurt and cheese, then add milk or milk powder to soups, casseroles and sauces, add cheese to pancakes, omelettes and vegetable dishes, and use yoghurt with curries and in dips or desserts.
- If you do not eat any foods from this group, try other foods such as sardines, tuna, salmon, soy milk (with added calcium), lentils, almonds, brazil nuts and dried apricots as they also provide smaller amounts of calcium.



Meat, fish, poultry, eggs, nuts, legumes

These foods are good sources of iron as well as zinc. Iron helps your body carry oxygen in the blood and zinc is an important mineral that assists wound healing and is important for growth and reproduction.

- Try to eat lean, red meat 3-4 times a week, or include other foods rich in iron. This is especially true for girls, women, vegetarians and athletes. Iron supplements during pregnancy will often be recommended by your doctor or midwife.
- Eat a variety of meats and fish including beef, lamb, pork, kangaroo, chicken, turkey, duck, rabbit, different types of fish and shellfish.
- To avoid eating too much fat, choose lean meats, trim fat from meat and skin from poultry before cooking, avoid frying or roasting in fat and oil, eat sausages and processed meats only occasionally, use legumes as an alternative to meat, and use low fat cooking methods such as stir frying and grilling.



Australian Guide to Healthy Eating materials are available for the general public and nutrition educators. Posters, a booklet and background information can be obtained from the Australian Government Department of Health and Ageing

Call 1800 020 103 (ext 8654)

email: phd.publications@health.gov.au.

View these online at

<http://www.health.gov.au/pubhlth/strateg/food/guide/index.htm>.

The Dietary Guidelines for Australian Adults are online at www.7.health.gov.au/nhmrc/publications/pdf/n29.pdf.

be active.

Find 30

- Find 30 minutes of physical activity a day.
- Three lots of 10 minutes is just as beneficial.
- *be active* for a small but noticeable increase in your breathing rate.
- It's good for your health.

www.beactive.com.au



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of South Australia



To order more of these brochures
call the **Office for Recreation and Sport** on

8416 6677

For more information
on how to be more active
please visit

www.beactive.com.au

your local contact

This brochure has been adapted from the original developed by Ben Smith and Alison Miners
supported by NSW Health and the National Heart Foundation.



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ISBN 0 642 26381 7

Publication Approval Number: 3134